



POTATOES, SLICED, LOW-SODIUM, CANNED

Date: July 2009

Code: A170

PRODUCT DESCRIPTION

- Canned potatoes are U.S. Grade A.
- Canned potatoes are a low-sodium food.

PACK/YIELD

- Each can contains 14 ½ ounces of potatoes, which is about 1 ½ cups or 3 servings (½ cup each).

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened potatoes in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Heat in a skillet with chopped onions for a quick side dish.
- Great for home fries—heat in pan with vegetable oil.
- Canned potatoes are ready to use in soups, salads, casseroles, stews, vegetable side dishes, and main dishes.

NUTRITION INFORMATION

- ½ cup of canned potatoes counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (90g) potatoes, low-sodium, canned

Amount Per Serving

| | | | |
|-----------------|----|--------------------------|---|
| Calories | 50 | Calories from Fat | 0 |
|-----------------|----|--------------------------|---|

% Daily Value*

| | |
|-------------------------------|-----------|
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 140mg | 8% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 2g | 8% |
| Sugars 0g | |
| Protein 1g | |

| | | | |
|-----------|----|-----------|----|
| Vitamin A | 0% | Vitamin C | 8% |
| Calcium | 0% | Iron | 6% |

*Percent Daily Values are based on a 2,000 calorie diet.

CALIFORNIA POTATO MEDLEY**MAKES ABOUT 6 SERVINGS****Ingredients**

- Nonstick cooking spray
- ½ green pepper, chopped
- 1 can (about 14 ounces) low-sodium sliced potatoes, drained
- 1 cup canned corn, low-sodium, drained
- ½ cup canned tomatoes, low-sodium, drained and chopped
- ½ teaspoon dried oregano (if you like)
- ¼ cup reduced fat cheese, shredded
- Black pepper to taste

Directions

1. Spray a skillet with nonstick cooking spray.
2. Cook green pepper until tender.
3. Add potatoes and cook over medium heat for 1 minute.
4. Stir in corn and tomato. If using oregano, add that too. Heat thoroughly for about 2 to 3 minutes.
5. Season with black pepper.
6. Sprinkle each serving with a small amount of cheese.

| Nutrition Information for 1 serving (about 1 cup) California Potato Medley | | | | | |
|--|-------|--------------------|--------|-----------|--------|
| Calories | 120 | Cholesterol | 5 mg | Sugar | 2 g |
| Calories from Fat | 25 | Sodium | 218 mg | Protein | 5 g |
| Total Fat | 2.5 g | Total Carbohydrate | 22 g | Vitamin A | 17 RAE |
| Saturated Fat | 1 g | Dietary Fiber | 3 g | Vitamin C | 18 mg |
| | | | | Calcium | 99 mg |
| | | | | Iron | 2 mg |

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org.

MARINATED GREEN BEAN AND POTATO SALAD**MAKES ABOUT 4 SERVINGS****Ingredients**

- 1 can (about 14 ounces) low-sodium green beans, drained
- 1 can (about 14 ounces) low-sodium potatoes, sliced
- ¼ cup reduced fat, unsalted Italian dressing

Directions

1. Toss ingredients in a large bowl.
2. Cover and chill for at least an hour.

Tips

This can be served over lettuce for a light salad. For main dish salad, add 6 ounces of bite-sized pieces of cooked turkey or ham. You can also try other canned vegetables like corn, carrots, or sweet peas instead of green beans.

| Nutrition Information for 1 serving Marinated Green Bean and Potato Salad | | | | | |
|---|-------|--------------------|--------|-----------|--------|
| Calories | 90 | Cholesterol | 0 mg | Sugar | 1 g |
| Calories from Fat | 10 | Sodium | 200 mg | Protein | 2 g |
| Total Fat | 1.5 g | Total Carbohydrate | 17 g | Vitamin A | 17 RAE |
| Saturated Fat | 0 g | Dietary Fiber | 4 g | Vitamin C | 9 mg |
| | | | | Calcium | 32 mg |
| | | | | Iron | 2 mg |

Recipe provided by Delmonte.com.